

Middle School Implement Weights and Sizes

SHOT

Boys (4.0 kilograms) 8 lbs. 13 oz
Diameter – minimum 3 $\frac{3}{4}$ in.

Girls (2.744 kilograms) 6 lbs.
Diameter – 3 $\frac{1}{2}$ in.

DISCUS

Boys and Girls

(1 kilogram) 2 lbs, 3 1/2 oz.
Diameter – 7-1/8 in. to 7-1/4 in.
180 mm to 182 mm

Thickness 1 $\frac{1}{2}$ in. to 1-5/8 in.
37 mm to 39 mm

Outer edge rounded with a radius of $\frac{1}{4}$ in. (6mm),
Core of 2 in. (50 mm)